



Southwest & CRF Dining Guide Inside This Issue

A New Neighbor: The Capitol Riverfront BID

By The Southwester Staff

A forgotten semi-industrial area, near an underappreciated river, in the heart of the capital of the country: Near Southeast. The Navy Yard area. South of Capitol Hill. Over there, near the new ballpark.

There are so many ways to let someone know where you live. But the nomenclature is changing, and with purpose: Capitol Riverfront (CRF) is the new name, and it makes sense. Close to the Capitol, it boasts of plenty of access to the river, and it fronts nicely upon it, just like its Southwest Waterfront neighbor.

The Capitol Riverfront Business Improvement District, or BID, worked hard with the city and with neighborhood stakeholders to come up with a descriptive and practical name for a sector promising some of the greatest potential for



The Art of What Could Be in the Capitol Riverfront.

buildup in the entire city. A business improvement district is a management organization in which businesses and other stakeholders within a specific geographic area pay a self-imposed tax in order to fund improvement of various types within the district's boundaries. The District of Columbia has eight such institutions.

BIDs were created about 50 years ago in rundown city centers where government action was inadequate in resolving neighborhood issues. Since that time, the activities of BIDs have evolved to cover such needs as cleanliness and safety, marketing, organization of special events, strategic planning, economic development promotion, infrastructure, improvement and advocacy on behalf of the stakeholders.

The Capitol Riverfront BID began about

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Randall School Gets Fresh Plan

By The Southwester Staff

General Counsel of the Corcoran Museum David Julyan announced on Wednesday, Feb. 17 that the Corcoran signed a Purchase and Sales Agreement for the Randall School property.

The purchasers are the Rubell family and District-based Telesis Corporation. CACB Holdings, owned by the Rubell family, art collectors and hotel owners in Miami, plans to redevelop the property to include a contemporary museum, a hotel and private residences. A part of the Rubell Collection, "30 Americans" will be on display at the Corcoran in October of this year. This plan would put a boutique hotel practically across the street from the existing Rubell property, Capitol Skyline Hotel. The approval process with District government could take up to 18 months.

The new site plan calls for 480,000 square feet dedicated to the residential and hotel elements, and 20,000 square feet for the museum. The total is on par with the Corcoran's old intentions for the property. According to their website, "Telesis Cor-

poration plans, finances and builds urban communities that are livable, beautiful, and safe."

Telesis is responsible for the picturesque Ellen Wilson Neighborhood off New Jersey



Avenue in Southeast. The website also states that "Telesis believes that physical and community development are inseparable. We develop and manage comprehensive revitalization: from affordable homeownership opportunities to mixed-income rental opportunities; from world-class architecture to world-class landscape design; from learning centers to employment centers; from community policing to community daycare."

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New Manager at Helm of Library Happenings

A new manager oversees the Southwest branch of the D.C. public library at 900 Wesley PL. SW and the many programs and activities going on inside.

Kerby Valladares comes to us from Houston, Texas where he was a branch manager in the public library system there. He has a BA in English and secondary education from Queens College and a Masters of information science, magna cum laude, from the University of North Texas. He came to the District on Nov. 23, and not knowing the branch to which he'd be assigned, decided to live near the Capitol Hill Metro for an easy commute to work.

Kerby is in the process of adding at least two new programs to the library's growing agenda. The latest is From Haiku to Hip Hop, a creative writing workshop geared towards children ages 12-19 to encourage self-expression through poetry, story, memoir and more. That workshop, which began on Jan. 20, is held every Wednesday night. It coincides with Open Mike Night on the second Wednesday of the month from 6:30 p.m. until around 8 p.m.

These programs take place downstairs in the meeting room which can accommodate up to 128 people, is elevator-accessible, and can be reserved at no cost. The Toastmasters, Sororities, Census Test Taking and Kiwanis are already using it. Kerby has noted that participation increases when the budget allows the availability of snacks.

Kerby and Kelly Navies have been out in the neighborhood distributing flyers about their plans and can be contacted at 202-724-4752 for more information.

The first meeting of the new chess club was



Kerby Valladares, new manager of the Southwest Public Library.

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Local Government and Organizations

ANC Monthly Meeting: As Seen From the Pew

ANC 6D commissioners sat down on Jan. 21 for their first business meeting of 2010.

The first item up for vote was one of great interest to Southwesters: the Corcoran Museum plan for the Randall School on I Street. The ANC approved a two year extension of the project's Planned Unit Development (PUD), requested in order to provide the Corcoran with proper time to continue negotiations with a new development partner. David Julyan, general counsel for the Corcoran, presented the request.

The developer of the New Forensics Lab, Whiting Turner, presented a proposal to remove five oak trees that it had previously wanted to save on E Street. The developer has committed to planting 19 new oaks including replacements. The new trees will be connected to the rain water cistern system for watering, a part of the ambitious plan certify the lab as LEED Gold.

Bruce Jackson, project manager for the U.S. Marine Barracks, announced an open house meeting at Eastern Market North Hall on Jan. 27 to introduce a community-

integrated master plan to partner with the community in order to fill a facilities deficiency. The Marines are looking to partner with unique tools of every kind (developers, property owners and organization) to provide housing, a child development center and recreational facilities.

The Alcohol Beverage Control Committee presented the requests for renewal of single sales exemptions for three local liquor stores and a request for a stipulated liquor license for Justin's Café, a new restaurant slated to open soon in Southeast on the first floor of the Velocity Condo building. All requests were approved.

Outgoing ANC 6D Chairman, Andy Litsky, announced that in the very near future, ANC meetings will move from the hospitable St. Augustine's Church to a new meeting space at the Waterfront Station Development. The commissioners will christen new offices in the same location.

As is customary, the ANC set the calendar for public business meetings for 2010. Meetings will take place on the second Monday of each month at 7 p.m. There is no meeting in August.

CBCC Establishes Priorities and Searches for Synergies for Community Benefits

By The Southwester Staff

Concern for Southwest and Near Southeast brought out a large group of organizational representatives to discuss priorities and synergies for community benefits when the Community Benefits Coordinating Council (CBCC) hosted a Community Leadership Coordinating Meeting at Westminster Presbyterian Church on a snowy Saturday, Jan. 30.

Leaders from the Southwest Neighborhood Assembly, the Advisory Neighborhood Commission (ANC 6D), Southwest West of the River Collaborative, the Washington Waterfront Association, the Southwest Renaissance Development Corporation, the Residence Council Groups, the Southwest Waterfront Redevelopment, Capitol Square Homeowners, Tommy Wells' office and the Local Initiatives Support Corporation presented their work and plans to the group. They discussed the various priorities in the community for benefit disbursement, including workforce development and training, housing diversity, retail opportunities and the creation of a community fund. They attempted to find synergies between the differ-

ent organizations to be able to map out a future of the equitable and prioritized benefits coming to the community during the present stage of development.

Ruth Hamilton provided an overall view of



Ruth Hamilton addresses community leaders at CBCC priorities meeting.

the CBCC, outlining the functional goals of the organization, namely, negotiating with the city and developers concerning community benefits, improving the quality of life in the neighborhood, and coordinating local organizations regarding benefits in a spirit of unity. Hamilton reported that the CBCC has drawn up its Articles of Incorporation and recently submitted a form 1023 for nonprofit status.

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Library

From p. 1

originally scheduled for Feb. 15, but President's Day forced postponement. So this new endeavor will have to wait until March to determine community interest. Wouldn't it be fun to see active chess tables outside, a la Dupont Circle? With Kerby's enthusiasm it just may happen. In the meantime there still is the display exhibiting Southwester Thurgood Marshall that Thelma Jones put together.

Kerby has been impressed with the newness of the area and the potential for additional programs involving more people who live within walking distance of the library. He has been made aware of the highly successful Halloween Party (more than 300 attendees) and Holiday Party aided by funds from the book sales and memberships of Friends of the Library. He will be working closely with the Friends to determine other priorities. There are many maintenance issues left unresolved and perhaps the budget or the Friends will be able to help out a very valuable resource in our own little corner of the world.

Volunteer Needed

The Southwester is searching for a volunteer business manager to manage ads and income for the newspaper. The duties require a time commitment of about 20 hours per month. Any person willing to help out the community in this capacity should contact Glenn Favreau by e-mail at thesouthwester@yahoo.com.

Southwest Community Calendar

FEBRUARY

MON., FEB. 22, 7 p.m.: Southwest Neighborhood Assembly monthly meeting, annual celebration of Black History Month featuring Dr. E. Faye Williams, Esq. and a panel discussion on race in America and Southwest Washington, D.C., St. Augustine's Church, 600 M St. SW

THUR., FEB. 25, 7 p.m.: ANC 6D rescheduled monthly business meeting, St. Augustine's Church, 600 M St., SW

SUN., FEB. 28, 2 p.m. – 6 p.m.: Stay-fit Fundraiser to Help the People of Haiti, 4 hour Exercise Marathon: Dancing, Aerobics, Strength Training, Tai Chi, Zumba, Yoga, Pilates, and more. \$20 donation, all proceeds go to Haiti Relief. Westminster Presbyterian Church, 400 I St. SW

MARCH

WED., MARCH 3, 7:30 p.m.: Alcohol Beverage Control Committee meeting, ANC 6D, King Greenleaf Recreation Center, 201 N St. SW. Agenda includes current liquor license applications/changes; updates on ABRA hearings/decisions; other issues relevant to SW and D.C. liquor licensing. Community comment is welcome. Contact: Coralie Farlee, Chair, 554-4407; cfarlee@mindspring.com.

7 p.m.: Art and Spirit Coffeehouse, Annie King Phillips, on the day after her 90th birthday, award winning collage artist. St. Augustine's Church, 600 M St. SW

MON., MARCH 8, 7 p.m.: ANC 6D monthly business meeting, Courtyard by Marriot, 140 L St. SE

THUR., MARCH 11, 8 a.m. – 9 a.m.: Councilmember Tommy Wells' Southwest Office hours, Channel Inn, 650 Water St. SW.

Due to inclement weather, many February events were canceled or postponed.

WEEKLY, BIWEEKLY

THE KIWANIS CLUB of Southwest Waterfront meets year-round at Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. to 7:30 p.m.

TUESDAY AND THURSDAY EVENINGS: The South Washington West of the River Fatherhood program will start their "Quenching the Father Thirst" sessions at St. Augustine Church, 600 M St. SW. The sessions provide a place for dads to talk, share and learn to improve relations with their wives and children. For more information call Alphonso Coles at 202-870-1885.

MONDAY: (Jan. 4, 11, 18, 25) 6 p.m. – 9 p.m. Blue Monday Blues (\$5) at Westminster Presbyterian Church, 400 I St. SW.

EVERY WEDNESDAY AFTERNOON AND EVENING: (Jan. 6, 13, 20, 27) – Wellness Wednesdays (Free) at Westminster Presbyterian Church, 400 I St. SW.

Please submit calendar items for March, 2010 events by e-mail to thesouthwester@yahoo.com by Monday, March 8, 2010.

The Southwester

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Contact The Southwester by e-mail at thesouthwester@yahoo.com for questions and to send materials and advertisements.

To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-554-8560.

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SWNA Presents the Bulldozer and the Rose

By The Southwester Staff

The Southwest Neighborhood Assembly kicked off 2010 with a presentation of Garnet Jex’s script and images of the 1950s and 1960s urban renewal in Southwest on Monday, Jan. 25 at the First District Police Station.

Yvonne Carignan, library director and head of collections for the Historical Society of Washington, D.C., was in charge of the presentation on Jex’s work. Jex was a graphic artist and painter who began photographing Southwest in 1958 just as the huge demolition began that year. The artist put together his photos in a slideshow entitled “The Bulldozer and the Rose.”

The show highlighted Jex’s strong opinions about the development and its effects on the community. The audience in attendance was able to ask questions and make comments in an effort to explore the connections between past and current development in our quadrant.



Jex’s original slide show is available online on the Historical Society’s website, www.historydc.org.

Lori Anderson also presented on behalf of the United States Census Bureau and updated the community on the 2010 census. Anyone interested in census-related jobs can find information by calling 1-866-861-2010 or on www.2010censusjobs.gov.

Please join the Assembly for its annual celebration of Black History Month. This month we will hear from Dr. E. Faye Williams, Esq. and will see a panel discussion on race in America and Southwest Washington, D.C. The meeting will be held at 7 p.m. on Feb. 22 at the St. Augustine’s Church on Sixth and M streets, SW.

Yvonne Carignan, Library Director of the Historical Society presents Jex’s slideshow.

Save Dates for the Cherry Blossom Festival

Southwest proudly boasts of having the most Cherry Trees in the city, and the National Cherry Blossom Festival wants to help us celebrate that fact. Here are some dates to save for a few of the many events.

Opening Weekend: Saturday, March 27. Family Day and Opening Ceremony

Mid-festival Weekend: Saturday, April 3. Fireworks on the Southwest Waterfront and Prelude Celebration.

Grand Finale Weekend: Saturday, April 10. Parade and Japanese Street Festival

Daily: March 27 – April 11. Cultural performance at the Sylvan Theater, art exhibits, tours, sports competitions, cuisine and much more.

Tickets are now on sale for grandstand bleacher seating for the parade (202-397-SEAT) and for the Gala Dinner Cruise on Thursday, April 8 (202-661-7567)

For more information visit nationalcherryblossomfestival.org.



Official Cherry Blossom Festival art for 2010

Blotter

Reported by John McGrath

Highlights of PSA 104 Monthly Meeting, Thursday, Jan. 21, Carrollsburg, A Condominium

1. Lt. Gallucci presented crime statistics for all of 2009 (see table below) and January 2010 to date (down 50 percent overall and down 90 percent for violent crime). Discussion followed about:

- Rock throwing/broken windows at Edgewater condo (Fourth and O St. SW) involving juveniles; Officer Fails and the Youth Response Team will concentrate resources at that location in the next few weeks.
- Police resources and response time to 911 calls in PSA 104 (examples of slow response time were cited); Lt. Gallucci stated that the average shift in PSA 104 is 3-6 officers.
- Police discretion when to give a warning versus making an arrest for minor offenses such as public drinking/urination; Cap Liquor (South Capitol Street) was cited.
- The accuracy of “shot spotter” technology to distinguish between gunshots and other loud noises; the police believe there are fewer gun-

shots in PSA 104 than some of our neighbors assert.

- Plans for security/added police coverage for the new Waterfront office buildings and Safeway store along the reopened Fourth Street SW. There are no commitments for added police to date.
- 2. Officer Fails offered the following general advice regarding juvenile-related crime: (1) when in doubt, call 911 so patterns of crime can be investigated; (2) provide a detailed description (age, height, description of clothing such as shoes); (3) provide your name (not required) so that officers can follow up for more details; (4) recognize that even when an arrest is made, juveniles are treated more leniently if no prior arrest or no violent crime is involved.
- 3. A question was raised about the availability of official 911 statistics (total calls, average response time, non-responses, etc.) for PSA 104. Discussion followed about lobbying for added police resources in PSA 104 in light of growing juvenile crime. Ron McBee spoke about new outreach resources that will be applied as a result of Councilmember Tommy Wells’ Youth Task Force.

February’s PSA 104 meeting was canceled due to inclement weather.

2009 Crime Count Comparison - PSA 104 (1/1/2008 to 12/31/2008 versus 1/1/2009 to 12/31/2009)

Offense	2008	2009	Change	% Change
Homicide	2	3	+1	+50%
Sex Abuse	7	7	0	0
Robbery	75	61	-14	-18.7%
Assault/Weapon	71	55	-16	-22.5%
Total Violent Crime	155	126	-29	-18.7%
Burglary	43	56	+13	+30.2%
Theft	218	195	-23	-10.6%
Theft F/Auto	180	157	-23	-12.8%
Stolen Auto	96	99	+3	+3.1%
Arson	2	0	-2	-100%
Total Property Crime	539	507	-32	-5.9%
Total Crime	694	633	-61	-8.8%

Source: Irv Gamza, Carrollsburg Condo

Ann’s Beauty Supply Shop

Has moved to 125 L St. SE, a block from the Navy Yard Metro New Jersey Ave. stop, behind the church.

202-554-5588

Real Estate and Development

Real Estate Notes

By Will Rich

■ **Northrop Grumman Information Technology signed a 6,134-square-foot lease** at 370 L'Enfant Promenade, a 400,000-square-foot building near the L'Enfant Plaza Metro. In addition, the General Services Administration renewed its lease for 187,000 square feet on behalf of Department of Health & Human Services' Administration for Children and Families. The building is now 100 percent leased.

■ **The Corcoran is in negotiations with a new development partner for the Randall School site** on I Street SW. Originally, the Corcoran had an agreement with Monument Realty to bring the Corcoran College of Art + Design to the school building, with Monument developing an apartment building behind the campus. However, that deal fell through when the developer's financial backer Lehman Brothers went bankrupt in the summer of 2008. [See page 1 for updates – Ed.]

■ **The Navy is looking to expand their presence near the Navy Yard** by hiring up to 3,500 employees, which means they will need up to 700,000 square feet of office space. With several near-empty buildings in the Capitol Riverfront and others planned, the Navy may be able to find suitable space in the neighborhood. They will use the GSA to issue a Request for Proposals to either buy or lease space.

■ **Exterior demolition** is well underway at the **old First District headquarters building** on Fourth Street SW. Once the

building is demolished, the city will build the Consolidated Forensic Laboratory, which should open in 2012. Five mature oak trees along E Street cannot be saved during the construction process because their root systems will be severely disturbed as 10'-22' trenches are dug for utilities removal and replacement. As a result, the trees will be cut down and replaced by eight oak trees.

■ **Trapeze School New York will soon relocate to Fourth and Tingey streets SE.** On Feb. 15, the school will open inside a large heated tent at the Yards development just east of Nationals Park. Eventually, the site of the school will become a high-rise building in a later phase of development, but the tent will remain in the interim.

■ **Construction has ended at Constitution Square**, the massive 1.4 million-square-foot office building that was the U.S. Department of Transportation's former home. The building is aiming for LEED-Gold certification. No tenants have been signed yet.

■ **Several lots along Potomac Avenue, Ninth Street and L Street SE went to auction** for the second time in January. No bids were above the \$2 million starting point, so the lender will take back the properties. An earlier auction in October produced a winning bid, but the deal fell through.

News from Southwest was adapted from the Southwest... The Little Quadrant That Could blog (www.southwestquadrant.blogspot.com) and Near Southeast news was adapted from the JD Land blog (www.jdland.com/dc).

Southwest's Michael Mack at World Bank

By Thelma D. Jones

Southwest Resident and actor/filmmaker Michael Mack recently enjoyed two speaking engagements at the World Bank and the International Monetary Fund in celebration of the life and legacy of Dr. Martin Luther King, Jr. Mack achieved fame as the first writing intern to act on *Star Trek: The Next Generation* and, as Commander Sirol in the series, the first black Romulan in *Star Trek* history. Speaking to an overflowing crowd in the World Bank's Atrium on Jan. 14, Mack expressed how honored he was "to share reflections on the global impact and legacy of the Rev. Dr. Martin Luther King, Jr." He then remembered Dr. King's enduring legacy by saying, "Faith is taking the first step even when we don't see the whole staircase." With this faith, Dr. King held the ideals of Jesus in one hand, the methods of Gandhi in the other, and put them in practice. With this faith, he touched our country and brought us social uplift in the midst of social upheaval.... It is the faith of nonviolent activists all over the world."

The event, hosted by the World Bank Group-International Monetary Fund African-American Association and the World Bank's U.S. Executive Director's Office, was another in a series of celebrations of Dr. King's legacy. U.S. Executive Director Eli Whitney Debevoise remarked on how proud he was to celebrate Dr. King's life accomplishments. "Particularly here at the World Bank, where his vision of equality of opportunity and economic justice for all still resonates and gives meaning to our mission and our daily work.... I think Dr. King would be proud to hear of the hard work many of you are doing every day in difficult circumstances around the world – in places where poverty and injustice are prevalent, and equality of opportunity is far from the norm."

Managing Director Ngozi Okonjo-Iweala, who is also a charter member of the WBG-IMF African American Association, spoke on behalf of World Bank President Robert Zoellick, then out of the country. She first asked the audience to stand in a moment of silence in response to the earthquake that ravaged Haiti two days before the event. She then delivered a message from Bank President Zoellick's, in Germany at the time, reminding us that it was King's fam-

ily visit in Germany in 1934 that influenced his father to shortly afterwards change his son's name from Michael to Martin Luther in honor of the Protestant leader. "Dr. King's life struggle and historic accomplishments are legendary to people not only in the United States, but around the world. This is perhaps the best testament that his legacy lives on. Many countries have made progress on the racial divides that Dr. King passionately fought against. But the struggle continues."

The event also included a host of other speakers and musical performances representing the World Bank-IMF African Society, Bank-Fund India Club, Bank-Fund Iranian Club and the African American Association. No doubt one of the highlights of the event was when Mack was concluding his speech. In a hushed silence that permeated the atrium, his voice sounded so much like Dr. King that many in the audience was visibly touched and inspired by his presentation, giving him a standing ovation.

On Jan. 19, the African American Association hosted a screening of Mack's "The Drum Major" at the IMF with both Deveboise and the IMF's Meg Lundsager participating. "The Drum Major" is a short documentary/essay film that explores King's call for "a radical revolution of values" in the last and most challenging year of his life (April 4, 1967 to April 4, 1968). Mack stars as the voice of Dr. King in the film which is an official selection of the Amnesty International USA Human Rights Art Festival. The film brought an emotional response from the audience with many moved to tears in the midst of trying to comment and raise questions during the spirited question and answer session with Mack. Inspired by the film, one of the attendees immediately coordinated the confirmed showing of the film for a Black History Month Celebration. Southwesterners attending the two events included the Rev. Martha Clark, pastor of St. Augustine's Episcopal Church where the film first premiered last July, Youth Activist Eve Brooks, Southwest Youth Task Force Chairperson Saadia Athias, and St. A's Elaine Graves.

(Mack's appearance at the World Bank and the IMF was arranged by Southwest Civic Activist Thelma Jones, a World Bank retiree and founder and President Emeritus of the World Bank-IMF African American Association.)

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Advice for Those Donating to Haiti Relief

By Laura Starita

In light of the devastating earthquake in Haiti, we thought potential donors would find useful our republishing of some advice we've culled from lessons learned after the Boxing Day Tsunami, Katrina, the Chinese earthquake and other recent natural disasters. These thoughts are most specifically drawn from studies conducted by the Fritz Institute and the World Bank.

1) The response in the first 48-72 hours after a catastrophic event is overwhelmingly local. Local organizations, and in some cases local people with no official organizational affiliation, are the ones usually reaching out to search for neighbors and friends to provide whatever relief is available. They have the knowledge of the terrain, the local dynamics and where the most vulnerable reside. Thus, local groups need immediate support in terms of supplies, money, etc. Where international organizations play a role is where they already have a local presence and can dispatch their personnel quickly and efficiently.

This reality may make international organizations not already in the region feel helpless, but it should instead be viewed as an invaluable opportunity to assess the situation and its needs and plan for what follow-up and recovery support to provide.

2) Survivors are often more concerned with the whereabouts of friends and loved ones than with their own health and safety. Relief efforts need to acknowledge this anxiety while dealing with the immediate necessities of surviving victims – studies consistently report that survivors whose concerns over the missing were acknowledged and addressed developed a higher positive recovery outlook that those whose concerns were dismissed. A more positive outlook was also noted in people who received aid of any kind – water, shelter, food, clothing, etc. – in the first two days after the event.

3) Donations of in-kind clothing and food often are less useful than monetary donations given to organizations that can more sufficiently assess need. Clothing from nonprofessional donors is often climatically or culturally inap-

propriate, serving only to remind the victims of their displacement and humiliation. Likewise, food donations that arrive after the immediate days or weeks, when local food markets may be nominally back in order, can cause the same distortions as in-kind food aid, which depress prices at functioning local food markets and breed shame among the recipients.

4) Donors need to keep a long-term view of the recovery period. The vast majority of funds are given in the immediate aftermath of a disaster for relief efforts, often resulting in more money than needed for that task. Most famously, Doctors Without Borders stopped accepting donations a few weeks after the Asian tsunami because they had received more than they could use. One of the most consistent findings from the Hurricane Katrina and Asian tsunami studies, however, is that nine months after those events, the majority of victims were still living in temporary housing and had not yet regained previous levels of income generation. This suggests that large donors should prioritize the longer effort of building permanent homes and creat-

ing income-generating opportunities once the immediate safety and public health challenges have been met.

5) Recovery needs to be managed with an eye toward equity and the environment. Land rights, for example, need to be established quickly so that the displaced don't lose their property to those less affected. Donations and recovery efforts must also be sensitive to the economic and environmental balances in the region. For example, after the Asian tsunami, coastal regions in India received donations of fishing boats so their fishers could return to earning income. The problem was more boats were donated than had been operating before the disaster, thus putting additional pressure on fisheries and decreasing incomes for everyone on the water.

As the disaster relief effort wraps up, those willing to contribute further should consider where their money will be most effective. Note the above lessons. Evaluate aid agencies based on their awareness of the pasts' failures, and their willingness to improve this time around.



Frustration on the Scale

By Derrick Inglut

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Anyone who's tried to lose weight knows the frustration associated with the task. You weigh yourself in the morning only to find out you have gained five or more pounds just hours later. I experience this with my clients all the time, and it can be a tough pill for them to swallow. Fortunately, if you know you have done well on your diet by consuming fewer calories than you are expending, you should not be alarmed.

There are many factors that can make a person's body weight fluctuate. Remember, the human body is a sponge for water that accounts for up to 60 percent of your total weight. Any time the body has a chance to soak up more fluids, it will do so rather than become dehydrated. Some of the factors that can increase your water retention are:

- Stress
- Elevation
- Increased electrolyte intake (sodium and potassium)
- Pregnancy
- Creatine supplementation
- A recent high-intensity workout (can cause minor tissue swelling)
- Carbohydrate intake (Carbs attract water)
- Air Travel

- Sunburn
- Changes in living environments
- Some prescription drugs
- Hot weather
- Fluid intake
- Humidity
- Oral contraceptives

And that's not all. If you have recently eaten a meal or have not had a bowel movement in a while, your scalar weight will likely be higher. Even drinking a 20oz. bottle of water can add at least 1.25 pounds to the numbers on the scale. As you can see, focusing on weight alone is not the professionals' choice.

While your weight should not be ignored altogether, a better way to track your progress is to track your composition with a body fat scale. If you lost two pounds of muscle, a body fat scale

will likely let you know. Composition scales, also known as body fat scales, are getting much more affordable, too. They can be found at just about any department store or bathroom accessory shop. Some scales that measure weight even include a way to test your composition. I prefer the handheld versions because they seem to give me more accurate figures. The Omron HBF-306 is a great choice in terms of accuracy and affordability and can be purchased for \$30-\$40. However I must warn you, like all consumer grade body fat machines, its readings can and will rise and fall as much as 3 percent with your hydration. This is typical. For a professional test, hydrostatic weighing or a Bod Pod test will yield the most accurate results.

Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is derrickinglut.com.

Officers Installed

The 2010 officers for the Southwest Waterfront Chapter of AARP were installed on January 20. From left to right: Elger Offutt, President; Harold Lloyd, Vice President; Evelyn Dorsey, Secretary; Raymond Williams, Treasurer; and Gloria Davis, Amenities Chairperson.

River Park Friends to Hold its Annual Meeting in March

By Thelma D. Jones

River Park Friends (RPF) will host its annual meeting on Wednesday, March 31, at 10 a.m. in the South Common Room, 1311 Delaware Ave. SW. Residents of Southwest are invited to attend and see how their donations are being used to impact and make a significant difference in the community. The agenda will include discussion of grants awarded in 2009 and an opportunity to ask the grant recipients about their organizations.

"In the past, participants have found the interaction between the grantees and other members of the community informative and inspiring, ultimately encouraging donors to continue giving and even increase their annual donations. New members have also become interested in RPF as a result of the presentations at the annual meeting," said RPF President Coralie Farlee. "We also welcome new contributors and suggestions on how to improve our organization, including ideas for enhanced fundraising." In addition, the 2009 Annual Report will be available and refreshments

will be served.

One of the highlights of the meeting will include founding board member Keith Melder presenting to the community a proposal to honor Margaret Feldman's legacy and accomplishments. He welcomes your input. Feldman, who died in November 2009, relocated to Ithaca, New York in September 2005. She was a longtime member of RPF's board, a former Southwest Assembly president, and an active River Park resident, among other things.

Please contact Joyce Bouvier, RPF secretary, to confirm your attendance and to receive instructions for entrance to River Park. Totally independent of River Park Mutual Homes, Inc., River Park Friends is a 501(c) (3) nonprofit organization. Established in 1998, its mission is to enhance, promote, support and supplement community development, educational and charitable activities in near Southwest by raising and distributing funds for the betterment of the community. For additional information, please contact RPF President Coralie Farlee at (202) 554-4407.

Reality Check: You Can Fight Back!

By Essita Duncan

Facing the reality of debt, which may have come about because of poor choices or a stroke of bad luck, can leave many consumers feeling paralyzed. Afraid of what to do next after receiving those calls and collection notices, some of our neighbors, family members and friends are living in constant fear – trapped in their houses, afraid to pick up the phone or open the mail because a collection agency may be at the other end. In some homes, it has become common practice to not pick up the phone on the first ring. Friends, family and acquaintances know they will have to call once, hang up, and call right back before their calls get answered.

If this is you or somebody you know, and whether the debt was created willfully or inadvertently, you don't have to live like this. Regardless of how severe your debt, you can fight back! You do not have to take all those pesky calls in the middle of the night and have your mailbox clogged with collection notices. Through the Fair Debt Collections Practice Act you can demand your respect. So unlock your doors, open your mail, and start answering your phone. Sure, your credit may be shot, but you still have rights.

Under the Fair Debt Collections Practice Act you can stop that gung-ho bill collectors from contacting you by notifying them in writing that you refuse to pay the debt or that you wish

them to cease further communications with you. Now, if they don't listen to you and call back or send a letter, depending upon whether their further communication with you violates the act, you may have a civil claim against the collection agency. Keep in mind that just because you tell the debt collector to go away doesn't mean your legal obligation to pay the debt disappears. Typically bill collectors shouldn't be calling you at work or before 8 a.m. and after 9 p.m. Nor should the collector become irate and start talking to you using profane, obscene or threatening language – and neither should you. You created the debt, but you don't have to be abused, harassed or stalked.

Think of the Fair Debt Collections Practice Act like your sword and your shield. You can protect yourself from abusive debt collectors and, if necessary, fight back civilly. And of course if you develop a case of amnesia regarding a debt, you can request its verification and dispute it as long as you act in a timely manner. You can't willfully blind yourself of notice of a debt and still expect to be afforded the same protections. You must face your debt head on so you can preserve your rights and live to fight another day. Remember you don't have to live in fear or perish with your debt. You can fight back!

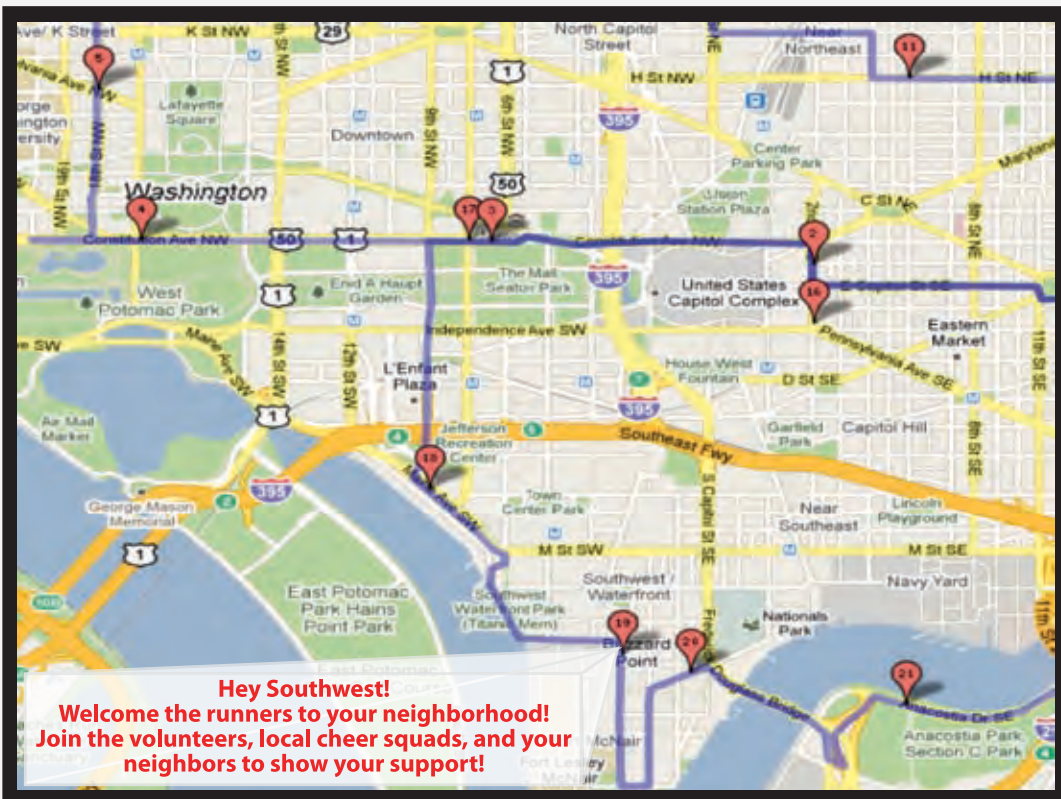
This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at eduncan@duncandefense.com.

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MARCH 20

ROAD CLOSURES
Approximate Time: 8:30am-12:00pm

The 5th Annual SunTrust National Marathon and CareFirst BlueCross BlueShield National Half Marathon is just around the corner. On Saturday, March 20, 2010, over 12,000 qualified runners will race through the streets of Washington, D.C. as they make their way through six of our city's eight wards.



Southwest portion of the Course only. For a detailed map of the entire course & all street closures, visit: www.NationalMarathon.com

9th St Tunnel

Maine Ave, SW (Between 9th St, SW – 6th St, SW)

6th St, SW (South Bound Side)

P St, SW (Between Anacostia River Walk Trail- 2nd St, SW)

2nd St, SW (Between P St, SW- V St, SW)

V St, SW (Between 2nd St, SW – 1st St, SW)

1st St, SW (Between V St, SW – Potomac Ave, SW)

Potomac Ave, SW (Between 1st St, SW- South Capitol St, SW)

South Capitol St, SW

(Potomac Ave, SW- Douglass Bridge Access Rd)

VOLUNTEER!

Be part of the race!

Join us at the P St, SW Water Station at Mile Marker 19!

Visit www.NationalMarathon.com

to sign up today and learn more on how you can participate!

Hotline: (866) RUN-0626



Dining in Southwest & CRF

The Sou'Wester

Mandarin Oriental

1330 Maryland Ave. SW (at 12th Street)

202-787-6140

www.mandarinoriental.com/washington/dining/souwester

Price range: \$10-\$30

Mandarin Oriental's newest creation, The Sou'Wester, features a dining room which embraces each customer upon entry. The entire inviting space highlights the brilliant views of the Southwest Waterfront which characterize the hotel. "American Comfort Food" is a phrase which cannot do justice to the wonderful menu which Eric Zeibold, City Zen's celebrity chef, wrought in what had to be a creative trance. The dishes are free of excess and full of flavor. The rockfish capriccio is soft and just acidic enough, and the duck rillette chunky yet buttery. The eggplant salad which accompanies



the grilled shrimp is such a pleasant surprise that it will leave you wanting to ask for the recipe. Don't go away without a dessert wine. Try the Rosa Regale or the Moscato d'Asti, a late harvest wine which is a sweeter option. The lunch menu includes a half-sandwich, half-salad, half-glass of wine at a great price. It is a

special place for a light business lunch or a celebratory dinner, but the prices are reasonable enough for every day.

The Sou'Wester is open daily for breakfast from 6:30 a.m. to 11 a.m. Lunch begins at 11:30 a.m. and runs until 5 p.m. Dinner hours are from 5:30 p.m. to 10 p.m.



21st Amendment

Holiday Inn

550 C St. SW

202-479-4000 extension 7164

www.hicapitoldc.com

Take out available

Price range: \$9-\$18

A short trip north under the highway will bring you to the Holiday Inn on C Street and a great treat at a fine restaurant/bar. Spring will signal the opening of their colorful sidewalk dining area. Lots of menu items: try the lobster salad panini for a fascinating change of pace. Enjoy live music on Wednesday and Thursday nights. Service hours are from 11 a.m. to 1 p.m. on weekends, and noon to midnight on weekends. The bar also serves a wide array of specialty drinks.

Cantina Marina

600 Water St. SW

202-554-8396

www.cantinamarina.com

Price range: \$5-\$19

Take out available

March brings the seasonal reopening of Cantina Marina, located on the Odyssey Cruise Line pier. The full bar and restaurant is right on the water, providing an experience unique for the entire city. Covered areas are available for diners and bar patrons. Menu favorites include handmade pork tamales and crab balls, but a full array of entrees is also at the ready. Enjoy food from 11:30 a.m. to 10 p.m. on weekdays and to midnight on weekends, with the bar open a couple of hours after the kitchen closes. The after-work crowd is younger, but you can always find diners of all ages in the festive and casual atmosphere.

Capitol Bistro

Holiday Inn

550 C St. SW

202 479 4000

www.hicapitoldc.com

Take out available

Price range: \$17-\$28

This Holiday Inn restaurant serves an international lunch buffet on weekdays, alternating between cuisines. Choose from the wide array of dishes designed to harmonize in a specific world style. The Porterhouse steak is a menu favorite. A daily buffet breakfast is available. The restaurant can accommodate groups of up to 70 people in private dining rooms. Breakfast is served from 6:30 a.m. to 11 a.m., then lunch until 2 p.m. Dinner is served from 5 p.m. to 10 p.m. daily.

City Zen

Mandarin Oriental

1330 Maryland Ave. SW

(at 12th Street)

202-787-6868

www.mandarinoriental.com/washington/dining/cityzen

Price range: \$50-\$175

**Dinner only, Tuesday to Saturday,
5:30 p.m. to 11:30 p.m.**

A five diamond AAA restaurant. A James Beard award-winning chef. Named one of "America's Finest Dining Restaurants" by the Robb Report. And we have it right here in Southwest. Executive chef Eric Ziebold brings three and six course tasting menus, as well as a six course vegetarian option, of modern American cuisine with a French flair. The interior, created by Toni Chi and Associates, is grand and sleek while remaining intimate and. The wine list offers 600 bottles. Ziebold varies the menu and can feature the best of western beef as well as local soft shell crab with amazing twists of preparation techniques. Lobster shines in delicate cream sauce, and the foie gras melts on the tongue. The tasting menu certainly provides plenty to eat, and the experience takes enough time to make it a delight. Wine pairing is available, and upgrades of rare and brilliant ingredients such as shaved white truffle from Alba are available. Dress is sophisticated business casual.

Mandarin Oriental also features a tea room at the **Empress Lounge** serving savories and sweets on Thursday through Sunday from 2:30 p.m. to 4:30 p.m. for a relaxing afternoon with garden views. Friday and Saturday evenings at the Lounge

from 8 p.m. to midnight showcase local performers for live jazz and the best sushi in town.

Courtyard Café and the Dugout

Courtyard by Marriott, Capitol Hill/Navy Yard

140 L St. SE

202 479 0027

Take out available

Price range: \$9-\$25

The Courtyard by Marriot is more than a hotel. With its dual restaurants right on the ground floor with windows open to the street, hotel fare is a thing of the past, and a real restaurant experience is open to all. The recently remodeled and expanded space seats more diners than ever and offers outdoor tables in good weather. Open Sunday to Friday for breakfast, lunch and dinner and on Saturday's for breakfast only. Breakfast is a quite special with a full buffet and food to order, including omelet and waffle stations with a chef waiting to please. Gearing up for Nationals season in April, the Dugout bar will be open and cranking whenever a ball game takes place at the park. Try the braised beef top blade with beer and red wine sauce (no knife required). Fridays features an all-you-can-eat lunch buffet, a great choice to help close out a busy workweek.

Hogate's Café

800 Water St. SW

202-484-2229

www.hogatesdc.com

Take out available

Price range: \$3.50-\$12.50

Rumbuns are back! A warm one costs just a dollar and brings back sweet memories of this old Southwest institution. The café offers a wide variety of breakfast and lunch options, with a full bar and plenty of television screens to catch the news or a sports game. Peet's coffee is available in many special concoctions. Customers can enter the café from the south side of the building and will find a casual area complete with booths, sofas

and wireless Internet: bring the adapter, as there are plenty of outlets available. And join in for the occasional "Spoken Word" night to surround yourself with local art. Check them out for a quick takeout sandwich option for lunch at work. Or just relax and enjoy it there.

Hogate's by Kristina

800 Water St. SW

202-484-2229

www.hogatesdc.com

Take out available

Price range: \$7-\$32

Hogate's by Kristina is the full service restaurant (enter by the north door) portion of the Hogate's venue. Specializing in American seafood, its expansive views of the Waterfront dominate the aura. Specialties such as the Mariner's Platter and the super Admiral's platter are pleasing combinations of Chef Sean's best work. Landlubbers will find a niche with steaks and succulent pastas. The crab stuffed chicken is a great choice, as well as the po'boys plates. Rumbuns start out every meal, a sweet-toothed tradition from the Hogate's of old which Kristina has brought back to life. There is an abundance of indoor and outdoor seating, and large parties are never a problem. Hogate's can also be contracted for events. Sunday brunch is a feast of up to 40 menu items in an all-you-can-eat buffet, complete with carving, omelet and waffle stations. An ice sculpture rises above the generous selection of pastries and cakes. A jazz band plays softly to accompany the brunch. There are a couple of full bars to quench your thirst at any time. A spacious lounge right off the dining room hosts a Happy Hour every day from 4 p.m. to 7 p.m., and on Friday, free wine appetizers from 5 p.m. to 7 p.m. may be found in the lounge.

Check out the venue for special events and charity fundraisers throughout the year.

Winter hours are from 5 p.m. to 10 p.m. on Monday to Saturday and Sunday Brunch from 10 a.m. to 3 p.m. Spring and summer hours begin at the end of March and are 11 a.m. to 3 p.m. for lunch and 5 p.m. to 10 p.m. for dinner Monday to Friday. On Saturday, from 5 p.m. to 10 p.m. for dinner only. Sunday brunch is from 10 a.m. to 3 p.m. with dinner later from 5 p.m. to 10 p.m.

Dining in Southwest & CRF

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Jenny's Asian Fusion

1000 Water St. SW

202-554-2202

www.jennysdc.com

Take out available

Price range: Asian fusion \$10-\$20;

French style items \$15-\$35

Jenny's offers a wide range of Asian dishes and seafood with a French inspiration. The Waterfront location is a special treat, with a great lunch menu offering special values for every taste. This Southwest staple has been around for over 30 years. You can't get friendlier service anywhere: Don't know what to order? Just ask the server for a recommendation. Save room for dessert. The chocolate mousse is spot on, and the full bar provides many after-dinner drinks. Though large parties can be accommodated, Jenny's remains a walk-in restaurant without the need for reservations.

There is plenty of overflow seating in the bar, which actually offers the best views of Washington Channel. The vibrant atmosphere matches the cuisine and character of owners Henry and Jenny Liu. Check out the inserted menu in this issue.

Open year round (except Thanksgiving week and Christmas Day), Monday to Thursday 11 a.m. to 10 p.m., Friday and Saturday for an extra hour until 11 p.m., and Sundays from 4 p.m. to 7 p.m.

Jimmy's Grill

Southwest Fish Market

1100 Main Ave. SW

202-484-6008

Take out only

Price range: \$6-\$13

The unpretentious walk-up window takeout restaurant perched on a barge at the Southwest Fish Market is a neighborhood gem. Signature cakes and pies fill a window and draw in every passerby for a free sample. Seafood is cooked to perfection with a multitude of sides to add to any platter. Be sure to have a good appetite, since you will get plenty of value for your money. All the food, including the desserts, is made on the premises. And, of course, the seafood is as fresh as you can get in the District. For lunch, dinner, or even a late breakfast to take home or eat by the river, Jimmy's is open 9 a.m. to 9 p.m. on weekdays and 8 a.m. to 9:30 p.m. on weekends.

202-488-7500

www.capitol skyline.com

Take out available

Price range: \$9-\$21

Head to Lapidus at Capitol for "Modern Comfort Food and Drink." Served meticulously, the menu items provide a range of options for any taste, including the elusive hanger steak. Daily dinner specials are available. The restaurant opens for breakfast at 6:30 a.m. (7 a.m. on weekends) and serves until 11 a.m. Lunch is from noon to 2 p.m. and dinner is served from 3:30 p.m. to 10 p.m.

With summer comes pool season, and the Capitol Skyline has the pool to jump into weekends. Once the season starts, many events are scheduled where food, drink and music are the poolside accompaniments. Go early. These happenings are extremely popular and turn this city hotel into a resort for an afternoon and evening unparalleled in D.C.

Odyssey Cruises

600 Water St. SW

1-866-487-3866

www.odysseycruises.com

Cruises range from \$50-\$150

Some may say that a river cruise boat is a restaurant unworthy of a profile. But the first-class dinner aboard Odyssey would prove them wrong. The food and vibe are top-notch. Add the legendary hospitality of a ship's crew and the views of the city from the river, and you have a premier cruise and dining experience. The Odyssey is the long, glass covered boat anchored on the Waterfront. Eating here is a special occasion, so jackets for men and cocktail attire for women. Odyssey has a full menu, three great bars and a live band with dancing. Treat an out of town guest or a family member. Treat yourself. Have your photo taken at dockside as a lasting memory. Try the Sunday Champagne Bruch Cruise for a special buffet. A cruise on the Odyssey takes passengers up to Georgetown and back for a two-hour lunch and a three-hour dinner. Cruise times can be found on www.odyssey.com.

Each day of the Cherry Blossom festival, (March 27 - April 11), the Capital Elite yacht charter will be offering two 45-minute sightseeing tours. The cruises, which begin at 2:00 p.m. and 4:00 p.m. every day, depart from Pier 4, located at 6th and Water streets, SW. Each voyage costs just \$20.00 for adults and \$14.00 for children. For an additional \$5.00, adults can enjoy the signature Cherry Blossom Cocktail in a take-home souvenir glass. Reserve by calling 866-302-2469.

Phillips Flagship

900 Water St. SW

202-488-8515

www.phillipsseafood.com

Take out: From a la carte menu only

Fixed buffet price: Lunch \$16.99;

Dinner \$24.99; A la Carte Menu \$8-\$90

Few restaurants in D.C. can offer the wide-ranging buffet like Phillips can. This Southwest landmark is open every day for its signature all-you-can-eat seafood. There is a grand outdoor seating area on the riverfront and enough indoor space to host parties and special occasions privately. There is an

Continued on Page 9



Justin's
The Restaurant



Jimmy serves up samples to the crowd.

Justin's Café (Coming Soon)

1025 First St. SE

www.justinscafe.com

Take out available

Price range: \$8-\$15

Planned to open sometime before the summer, Justin's Café will occupy a space in the Velocity building's first floor, offering inexpensive "American-Neapolitan pizzas," salads and paninis, along with a full bar. The restaurant will specialize in takeout, allowing customers to place orders online or by iPhone application, but at the outset will not deliver. Owner Justin Ross describes his future business as a combination of a "fast casual style of service with a great bar business." The priciest item on a menu draft is the Pinckney Pizza, topped with prosciutto, arugula, candied figs, fresh mozzarella and tomato sauce.

Justin's Café will be open from 11:30 a.m. to 1 a.m. on weekdays, to 2 a.m. on Fridays and Saturdays, and to 10 p.m. on Sundays.

Lapidus

Capitol Skyline Hotel

10 I St. SW (corner of S. Capitol St)

NOW OPEN FOR DINNER

5PM - 10PM Daily

800 Water Street, Southwest Waterfront

202-484-2229

Dining in Southwest & CRF



Serving up seafood from cooper steam pots at Phillips.

a la carte menu available with international as well as American options. Phillips also caters private events. A sushi bar accompanies the full bar for a simpler option.



Pier 7's historic cask wall.

Pier 7 (Channel Inn Hotel)

650 Water St. SW
202-554-2500
www.channelinn.com

Average price: Lunch \$9; Dinner \$18

Take out: in person orders only in less than 10 minutes

After 39 years of serving District residents and tourists alike, the white tablecloths remain, and the food is just as spectacular. Pier 7 features American-Italian cuisine with seafood as well as steaks and meats and a full kids' menu. They feature live music from Wednesday through Sunday with no cover charge, with an open mic on Wednesday and Sunday at 8:30 p.m. Self-described as the best kept secret in D.C., Pier 7 will cater special events and provides complementary parking for diners. Hours: 11 a.m. to 2:30 p.m. for lunch, and 2:30 p.m. to 10 p.m. for dinner and light fair on weekdays, Saturdays 4 p.m. to 10 p.m., and Sundays noon to 8:30 pm

Don't forget to check out the famous short order breakfast next to the dining room at the **Dry Dock Cafe**.



Spirit Cruises

Pier 4 at Sixth and Water Sts SW
1-866-211-3811
www.spiritofwashington.com

Cruises range from \$40-\$125

Generous and delicious buffets with carving stations provide passengers with culinary surprises on the Spirit as the ship travels the river to the best views of D.C.'s historic monuments. A DJ and serenading servers lighten the mood. There are dance floors and outdoor upper deck. For one price you can enjoy it all.

Vie de France

600 Maryland Ave. SW
202-775-9193
www.vdfy.com

Take out available

This change-of-pace restaurant near the L'Enfant metro on Maryland Avenue offers pastries, soups, salads, hot and cold sandwiches, combo plates, pastas, entrees, and lots of fresh breads. There is plenty of space indoors and on the private patio. If you think that Vie de France is just a quick bite café, think again. The restaurant features a full bar, with a DJ on Thursdays and a monthly karaoke night. Although the main restaurant is only open on weekdays, a fast and fresh menu is available on Saturdays. VdF also offers catering for large parties for any special occasion.

Zanzibar on the Waterfront

700 Water St. SW
202-554-9100
www.zanzibar-otw.com

Fixed price: \$26.95

Zanzibar hosts its signature Champaign Jazz Brunch on Sundays. Caribbean flavors spruce up the offerings (curry chicken and mango salmon top off the menu), the atmosphere and the music. An entertaining Sunday can be had from 11 a.m. to 4 p.m. There is a full bar and outdoor patio for seating with plenty of river views. Zanzibar operates as a nightclub from 5 p.m. to close from Wednesday to Saturday, specializing in events and fundraisers.

Gloria C. Harper-Simon

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National Notary Association

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Fast Food Options

Atrium Café: 525 School St. SW

Au Bon Pan, L'Enfant Plaza SW, Concourse level

Café Fifty Nine: Third Street and Virginia Avenue SW

Cornercopia: 1002 Third St. SE

Five Guys: 1100 New Jersey Ave. SE

Grand Café Salad Bar and Grill: 300 E St. SW

Grand Chinese Carryout: 1201 S. Capitol St. SW

King Rib Barbeque 800 M St. SW

Leo's Carryout: 7 N St. SW

M&J Carryout: 1548 First St. SW

McDonalds: 400 C St. SW; 955 L'Enfant Plaza SW; 22 Eye St. SE; Sixth and Independence SW (indoor and outdoor)

Pizza Autentica: 300 Seventh St. SW

Potbelly Sandwich Works: 409 Third St. SW; 1240 Maryland Ave. SW

Quiznos: 400 Federal Center Pl. SW (Fourth and C streets)

Sizzling Express: 300 M St. SE

Starbucks: 409 Third St. SW; 1201 Maryland Ave. SW; 550 C St. SW; 600 Maryland Ave. SW; 1200 New Jersey Ave. SE

Subway: 525 School St. SE; 1100 New Jersey Ave. SE

Take a Break: 1280 Maryland Ave. SW

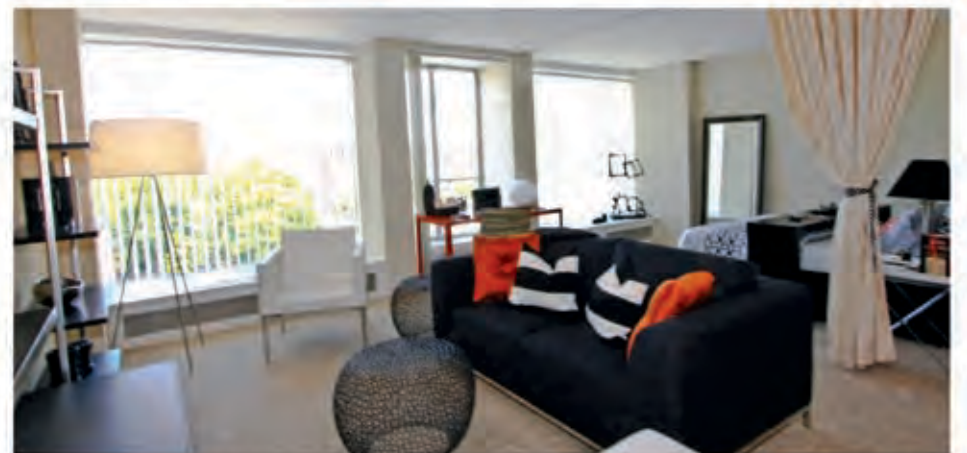
The Wharf: 1100 Maine Ave. SW

Wall Street Deli: 400 Federal Center Pl. SW

Wishbone Bakery and Deli: Third and D streets SW

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Arts and Culture

“The Long Journey” to Highlight the Life and Artwork of 90-year-old Annie King Phillips

By Elaine Graves

The day after her 90th birthday, award-winning collage artist Annie King Phillips will be the featured artist for the Art & Spirit Coffeehouse on Wednesday, March 3, 7 p.m. at St. Augustine's Episcopal Church, 600 M St. SW.

Phillips, a St. Augustine's parishioner and longtime Southwester who moved to Maryland a couple of years ago to live with a daughter, will recount her fascinating life as an educator, public health official and community advocate in the District. She earned a MPH degree in health administration from the University of Michigan, a MA in education administration from New York University and a BS degree in elementary education from the District of Columbia's Miner Teachers College.

She began to put bits and pieces of paper together 15 years ago as an antidote to illness and pain, and let her art collages, often based on her African-American and Native American heritage, “reflect what's in my mind's eye.”



Annie King Phillips was chosen to design the art for the call box at First and G streets SW

dedicated last year to the late Supreme Court Justice Thurgood Marshall. The self-taught art-

ist has appeared in many exhibits, both as solo artist and part of a group.

Currently, her collage titled “River is mine” is in the exhibit of *Mind, Body, Spirit—Celebrating Regional Women Artists* at the University of Maryland University College's Arts Program Gallery in the UMUC Inn Conference Center in Adelphi, Md. through March 14.

She's looking forward to her solo show at the Harmony Hall Regional Center in Fort Washington, Md. opening June 14 through August.

The Southwest Episcopal Church's Art & Spirit Coffeehouse series opens on the first Wednesday of each month to showcase local artists in their various media as they perform and share how their faith, art and social worldview intersect, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Donations will be accepted to help provide honorariums for the guest artists. Contact rector@staugustinesdc.org, 202-554-3222 or visit www.staugustinesdc.org for further information.

Annie King Phillips poses with her collage for the Thurgood Marshall call-box.

The Artists of Tiber Island held their annual art show from February 6 through February 21 in the South Tower at Tiber Island

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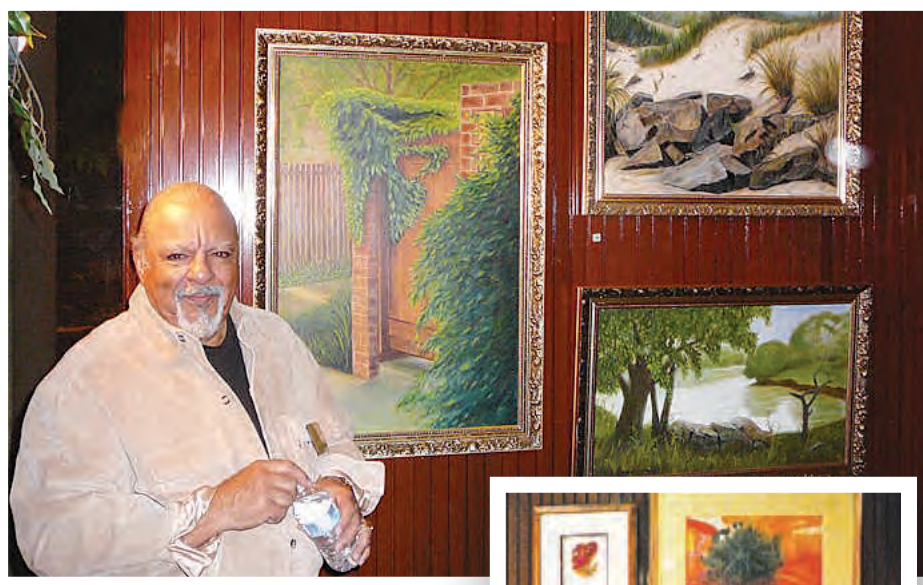
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Long & Foster



At top, Ed Brooks

At right, Glenna Johnson

Below, Ruth Cuestas



Spiritual Life

Lenten Services and Southwest Church Events

Second Baptist Church
1200 Canal St. SW
Sun., Feb. 21, 5 p.m.: Black History Service
Wed., Begins Feb. 3, noon: Noon Day Prayer, Praise and Bible Study.

St. Dominic Catholic Church
603 E St. SW

St. Vincent de Paul Catholic Church
14 M St. SE

Fridays, Feb. 19, 26, March 5, 12, 19, 26, Apr. 2, 12:10 p.m.: Mass, Stations of the Cross; 10 a.m.–2 p.m., Fish Fry.


St. Augustine’s Episcopal Church
600 M St. SW
Five Sundays in Lent, Feb. 21- March 21: 11 a.m. - noon: Lenten Study will be based on the book by Henri Nouwen, “The Return of the Prodigal Son: A Story of Homecoming.” A limited number of books are available from Rev. Martha Clark or may be purchased at bookstores or online.
Tues., Feb. 23, 7 p.m. to 8 p.m.: Living Life Book Club. “Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype” by Clarissa Pinkola Estes. The chapter titled “The Red Shoes: On Torment and the Recovery of Soul Life” will be discussed. Facilitated by Dee Burleson and Rosemary Giangilio. St. Augustine’s Episcopal Church’s Library.
Wed., March 3, 7 p.m.: St. Augustine’s Art & Spirit Coffeehouse. Annie King Phillips, an award-winning Collage Artist, discusses her 90 years of life growing up in D.C., and her 15-year art career, begun at age 75, after a successful career as an educator and public health administrator. Titled “The Long Journey,” she also will show a variety of her art works, often based on her African American and Native American heritage Coffee and desserts, followed by audience Q.& A. facilitated by Michael Mack, an interdisciplinary artist and thinker. Free, donations accepted for artist’s honorarium.

St. Matthew’s Lutheran Church
Worshipping at First Trinity Lutheran Church
501 Fourth Street, NW
Each Thursday (begins in Feb.), 6


p.m.: Bread and Soup, 6:45 p.m. Evening Prayer.
Wednesdays in Lent, Feb. 24–March 24, 7 p.m.: “How has God called you to serve?” A class to explore our God given passion and spiritual gifts.

Christ United Methodist Church
900 Fourth St. SW
Sat., Feb. 20, 9 a.m. –11 a.m.: United Methodist Men’s Breakfast Men’s Group’s All-You-Can-Eat Breakfast for \$5.00. Eggs any style, quiche, bacon, sausage, biscuits, potatoes, apples, coffee, tea and juice. Enter the community room off Wesley Place. This breakfast is offered the third Saturday of each month from October through the following June.
Sun., Feb. 21, 10 a.m.: Black History Service


Westminster Presbyterian Church
400 I St. SW
Every Wednesday:
2:30 p.m. Seated yoga for every body with Pamela Wilson
5:30 p.m. Laughter yoga with Claire Trivedi
6:45 p.m. Shivananda yoga with Alex Rosen
7 p.m. SW Freeway NA group
Sat., Feb 27, 1 p.m.-3 p.m.: Thinking About Jazz –a bi-monthly gathering to go deeper into the art and meaning of jazz. Free with refreshments and door prizes.



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Neighborhood Religious Services

Bethel Pentecostal Tabernacle of the Assemblies of God
60 I St. SW
Sunday: 10:45 a.m.; Friday: Prayer and Bible Study; 8 p.m.

St. Augustine’s Episcopal Church
600 M St. SW
Sunday: 9:30 a.m.
Tuesday: 6:30 p.m. Evening Prayer

St. Dominic Catholic Church
603 E St. SW
Saturday: 5:15 p.m.; Sunday 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.
Weekdays: 8 a.m. and 12:10 p.m.

St. Matthew’s Baptist Church
1105 New Jersey Ave. SE
Sunday: 8 a.m. Sunday School, 9:05 a.m. Devotions, 9:20 a.m. Worship
Tuesday: 7 p.m. Prayer Meeting, 7:35 p.m. Bible Study
Youth Bible Study 7 p.m. the first Friday of each month

St. Matthew’s Lutheran Church
Worshipping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square
Sunday: 10:30 a.m.
Wednesday: 6:45 p.m. Sing & Rejoice
Thursday: 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

St. Vincent de Paul Catholic Church
14 M St. SE
Sunday: 8 a.m.
Mon., Tues., Thur., Fri.: 12:10 p.m.

Second Baptist Church
1200 Canal St. SW
Sunday: 8 a.m. and 10:45 a.m.
Wednesday: Prayer Meeting 7 p.m.

Riverside Baptist Church
Seventh St. and Maine Avenue SW
Sunday: 10 a.m. with Bible Study at 9 a.m.

Westminster Presbyterian Church
400 I St. SW
Sunday: 11 a.m.

Galilee A.M.E. Church
Worshipping at St. Augustine’s Episcopal Church, 600 M St. SW
Sunday: 2 p.m.
Wednesday: Bible Study 7:30 p.m.

Christ United Methodist Church
900 Fourth St. SW
Sunday: 10 a.m.

Friendship Baptist Church
900 Delaware Ave. SW
Sunday: 11 a.m.

Carron Baptist Church
1354 1st St., SW
Sunday: 11 a.m.
Tuesday: Noon Day Prayer, 7:30 p.m. Bible Study

Second Union Baptist Church
1107 Delaware Ave., SW
Sunday: 9:30 a.m. Sunday School, 10:45 a.m. Worship
Wednesday: Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

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100 percent of the proceeds will go toward the Haiti relief effort

Door Prizes

Donation: \$20

BID

From p. 1

three years ago, taking advantage of enabling legislation passed 12 years ago by the D.C. City Council. The area on the river, across South Capitol Street from Southwest, became the city's forgotten industrial backyard after World War II. Slowly the Navy Yard, having experienced a huge change after the war, beckoned defense contractors.

By 2003, the Anacostia Riverfront Initiative was created to promote the area and reclaim the river. Forest City won the contract for the Southeast Federal Center a couple of years after that. The Department of Transportation decided to locate its new headquarters on a huge stretch of land on M Street in 2001 and named Clark Construction as its general contract in 2003. In 2001, the District was awarded a Hope VI grant to improve public housing at Capper/Carrollburg and to bring in market rate units. And, in 2004, the Washington Nationals announced the construction of their new ballpark nestled in where the river meets South Capitol Street.

This was just the start of the area's new reality that helped to give birth to the Capitol Riverfront BID. Michael Stevens, the BID's executive director, told the Southwester that his



Andre Tobe, a familiar face in CRF, providing a welcoming environment by greeting passersby, answering questions and giving directions.

organization is working diligently to market the area to potential tenants. The sector will eventually gain 16 million square feet of office and retail space.

"The Capitol Riverfront BID is bit of an anomaly among BIDs in that, like NOMA, we are an emerging area," Stevens said. It is also providing services beyond the clean and safe type, marketing, and beautification. Steven's told us that the BID will be managing two public parks in the area, Canal Park and Riverfront Park, and will create nonprofit management corporations charged with the upkeep of both parks, funded by neighboring businesses and with the help of the money that the city would

have to spend on the park annually in lieu of the BID's services.

Stevens is enthusiastic about the future. "Downtown D.C. will be built out in just four years, so advancement on the development scene needs a place to go. And Capitol Riverfront will be ready for the challenge."

In the meantime, new residents continue to flood the area, with leasing and condo sales outpacing the rates in other parts of the city. Coupled with the development plans for the Southwest Waterfront, progress is working its way to southern D.C. for the first time in a while.



Telesis' Ellen Wilson Development in Southeast.

RANDALL

From p. 1

According to Marilyn Melkonian, president and founder of Telesis Corporation, the plan is to accomplish some of the Corcoran's vision for Randall, including historic preservation and the arts component, provided by the partnership with Rubell family. "We are not settled yet on the architectural plan," Melkonian said, "but we will be looking at things with a new set of eyes. Historic preservation is a given." The partnership hopes to bring a cultural element to the community, which will compliment Arena Stage.

The city sold the Randall School property in November 2006 for \$6.2 million to the Corcoran, which had engaged Monument Realty as its development partner and planned

to move the museum's School of Art and Design to the historic Southwest building, along with the construction of a large residential component. In September 2008, Lehman Brothers, then the principal financing arm for Monument Realty, went bankrupt. Monument subsequently pulled out of the project. Since then, the Corcoran has been searching for a solution.

Earlier this year, the ANC 6D and Zoning Board approved an extension of the Corcoran's planned unit development or PUD, thus allowing the Corcoran to search for a new development partner or a way to sell the property.

Melkonian told the Southwester that the completed project will bring some 200 jobs to the community. Telesis is counting on the strength of the residential market in Southwest to make the Randall redevelopment a success.



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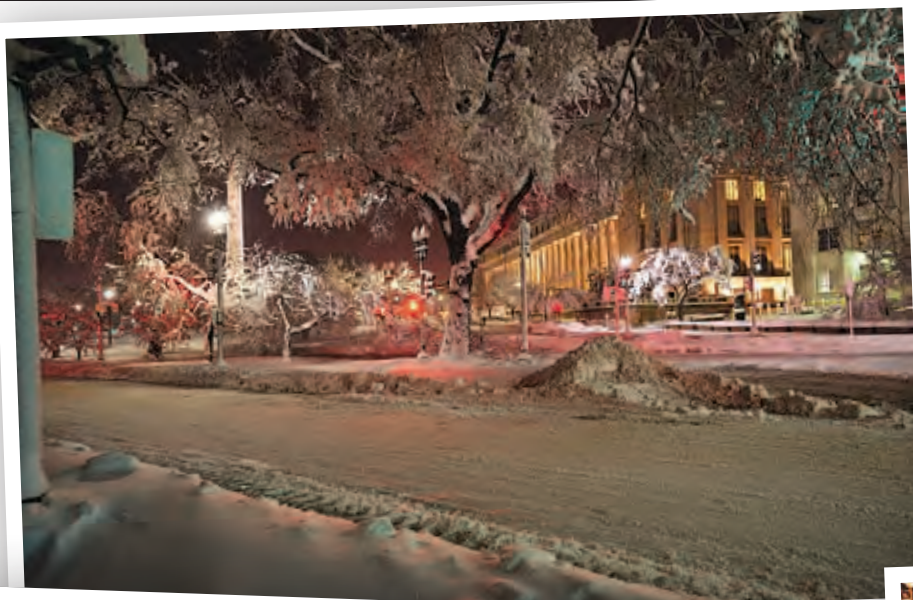
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Southwest Snow: *Beauty and the Beast*



Photos above courtesy of photographer Alan Thomas.



At far left, top and bottom, District Yacht Club's (Southeast) caved-in covered docks, and damage to boats. Photos courtesy of Marv Storey.

Above, Partially sunken boat at Gangplank Marina.

At left, Crane barge lifts MSI houseboat which sank at Gangplank Marina. Photo Courtesy of Gangplank Marina.

Kids and Schools

Two Scholarship Winning Southwesters

By Thelma D. Jones

Lisa Matthews epitomizes the importance and positive results of investing in Southwest youth. Raised in Greenleaf Gardens on K Street SW, Matthews is a 1986 graduate of Calvin Coolidge Senior High School where she was active in student affairs, including serving as president of her senior class and of the Future Business Leaders of America for the greater District area. She was also an honor student and voted by her classmates as “most likely to succeed,” among other things.

Matthews graduated with honors from St. Augustine’s College in Raleigh, N.C. in 1990 with a B.S. in Computer Sciences. While matriculating at St. Augustine’s, she enjoyed a four month study abroad program in Kingston, Jamaica, then under the British educational system. During her stay in Jamaica, she willingly gave back to the community by volunteering at a medical center.

Poised with the educational background and enthusiasm of a college graduate, she entered the real world of digital technology. Matthews has acquired over 15 years of experiences in the Information Technology (IT) field. She has worked and traveled extensively throughout the US and abroad, including Los Angeles, San Diego, Detroit, Denver, New York, Providence, Italy, London, Spain, Venezuela and South Korea, providing IT consulting services to her clients. She has also been the subject of several articles over the years about her journey from Greenleaf to becoming a success in her career as an entrepreneur.

Currently, Matthews is a Senior IT Consultant with CGI Federal (formerly AMS Corporation), a software IT managing consulting firm in Fairfax, Va. She also teaches evening classes in computer and business consultancy for the Adult Continuing Education Program of Fairfax County.

With an entrepreneurial spirit, she is the sole proprietor of NCM Designs which produces an array of beautifully hand-made cards, bookmarks, gift tags and party accessories which have been sold at the National Education Association



Lisa Matthews

(NEA) Café Shop and Breakfast for the Artist at the Thurgood Marshall Building. A homeowner in Alexandria, Va., she s also a proud mom of four-year-old Noah Christian Matthews whose initials are her business namesake. Success stories like Lisa Matthews and many others make our investment in community youth worth its weight in gold. More importantly, YATF and the Scholarship Task Force are committed to the growth and development of our youth. For more information on the SWNA Youth Activities Task Force or the SWNA Scholarship Program, please visit www.swdc.org. You may also help invest in our youth by mailing your contribution payable to SWNA at P.O. Box 70792, Washington, D.C. 20024 and noting “YATF” or “Scholarship” on the memo line.

Congratulations to Mercedes R. Allen, recipient of the River Park Friends (RPF) Scholarship Award for \$1,500. Allen, a freshman at West Liberty University in Wheeling, W.Va., is planning to major in psychology and minor in criminal justice. She is a 2009 graduate of Wilson Senior High School where she was active in extracurricular activities, including serving as the 2009 Miss Wilson SHS and becoming a certified peer mediator, helping to resolve student conflicts.



Mercedes Allen

While reigning as the queen, Allen introduced free afterschool tutoring programs and increased the activities which enabled greater unity within the student body. She also helped to raise greater awareness of testing preparation for the PSAT and SAT even though her attempts for this effort had limited success. Being athletic, she also ran track and was a sprinter for the 100 meter hurdles and the 100 meter dash.

Allen is a seven-year member of Best Friends where she earned the rank of Diamond Girl and participated in a variety of community service projects. In addition, she served for two years in both the Mayor’s Youth Leadership Institute (MYLI) and as the President of MYLI’s Board of Elections. Allen also did community service at the popular Friday Night Jazz in Southwest at Westminster Presbyterian Church where she helped to serve food to the jazz enthusiasts.

“It was a good experience that piqued my interest in learning to cook while allowing me to meet new people,” she said with a smile. “I love helping people and eventually want to become a therapist.” Allen’s volunteer tutor with whom she met weekly for almost five years remarked that she had an “impressive list of extracurricular activities ... and she truly wants to make an impact in her community, whether in social work/counseling or in some other field.... Allen

has put together a record of community involvement unlike any high school student I have seen.”

In addition to winning the scholarship, Allen was the proud recipient of a relatively new HP laptop awarded through the SWNA Technology Task Force (TTF). “I just love my HP mini computer and I use it all the time; it’s my best friend,” remarked Allen. The TTF provides refurbished lap tops to Southwest scholarship recipients and computers to students who complete the requirements for the SWNA Youth Activities Task Force Computer-for-Kids Training Program held at King Greenleaf Recreation Center. River Park Friends has also provided a grant to SWNA YATF in support of its Computer-for-Kids Training Program and Safe Sitter Program (babysitting).

Allen will be the first in her family to attend college. Although she admitted that it was a challenging start, she is enjoying school now. “It was a little rough in the beginning, but I’ve adjusted to the college setting and being on my own. I’ve improved my study habits, reduced time with friends and became more serious and focused on my school work.” That s a true sign of maturity, especially since she has met three other girls from Wilson SHS and has developed a friendship with them.

Since 1999 RPF has awarded \$12,000 in scholarships to deserving Southwest youths pursuing their undergraduate education. Established in 1998 by four River Park members (thus the organization’s name), RPF is totally independent of River Park Mutual Homes. A 501(c) (3) nonprofit organization, RPF’s mission is to enhance, promote, support and supplement community development, educational and charitable activities in near Southwest by raising and distributing funds for the betterment of the Southwest community.

Residents and businesses are invited to make tax-deductible contributions payable to River Park Friends and sent to President Coralie Farlee, 389 O St. SW, Washington, D.C. 20024. For more information, please call President Farlee at (202) 554-4407 or e-mail cfarlee@mindspring.com.

Recognition for a Job Well Done at Amidon-Bowen
Perfect Attendance for December 2009

Pre-Kindergarten

Danesha Clark
Wynter Jackson
Lorenzo Mason
Jasmine McDuffie
Dairre Roberts
Kenneth Short
Deijah Smith
Khyri Upshur

Kindergarten

Sarah Bero
Jordan Cowan
Narone Johnson
Tinowonga Zulu
Kenniya Bowman
Jabari Champion
Antwan Evans
Nia Fantroy
Kayla James
Moenae Maddox
Oscar Smith

Joshua Carroll
Tyrone Coleman
Makai Delaney
Jordan Flowers
Anastasia Smith

First Grade

O'Shan Carroll
Demi Franklin
Mariah Greene
Demonte McDonald
Tayona Moss
Sequoia Patrick
Veyonce Smith

Second Grade

Reginald Clark
Alfonzo James
Nacara James
Jamari Lucas
A'adyah Melton
Dajuan Miller

Phillip Thomas
Myles Clayton
Latia Hollman
Marasia Hudgens
Caron Jackson
Mahki Lawson
Khalil Warren
Janasia Wingate
Jennifer Zhou

Third Grade

Trevon Evans
Corey Gatling
Jomiah Matthews
Vernon Smith
Catia Cole
Dayonna Harris
Tyeshia Hines
Chinwe Melifonwu
Dayonna Queen
Breana Vann
Noble Watkins

Jamya Williams
Kasmira Fudge
Niya Holland
Markell Howard
Quadaija Hudgens
Jonovan Smith
Patrick Watkins
Aaliyah Wilkinson
Kayla Williams
Fourth Grade
Edugwu Agada
Rayna Gross
Mecco Johnson
Tehira Mesa
Michael Owens
Sean Palmer
Tywon Scott
Vinquisha Smith
Taliyah Tapp
Tyree Taylor
Ililly Tola
Aunterio Venters

Reggie White
Stephen Williams
Malik Banks
Destiny Daughtry
Amberatta Faulkner
Malik Lawson
Johonn Matthews
Octavia O'Carroll
Gary Robinson Jr.
Dante Scott
Aliya Solomon
Tristyn Tutt
Natori White
Jada Williams
Fifth Grade
A'mon Barnes
Ronyae Bellamy
Malik Brown
Nadiya Cofield
Dannielle Crutchfield
Egypt Dixon
Bianca McDuffie

Kavaun Williams
George Anderson
A'Mee Barnes
Zion Celey
Ja'Quan Coates
Catora Cole
Jeffery Crawford
Justin McFadden
Mya McLaurin
Vy Ngo
Mikheal Wise
Tayron Moss
Wyatt Settles
Elijah Smith
Asia Spencer
Hasan Warren
Aquil Washington
Elijah Washington
Kimora Watkins
Brandon Webster
Devonte Williams

Sports in the Neighborhood

Southwest Neighbor Makes Impact at Nats Park

By The Southwester Staff

Southwest resident Joyce Jenkins might not have been the most passionate baseball fan a year ago. Actually, it's safe to say she wasn't a baseball fan at all. She didn't follow the Nationals – she was lucky if she watched a few innings of the World Series. She didn't have a favorite team. She didn't attend a single game at Nationals Park or RFK Stadium. But there was one thing connecting her to baseball, and that has always been in her heart.

"My father always watched baseball, and I watched it with him," Jenkins said. "Whenever I watch it now, I am reminded of him."

She had the opportunity to work at Nationals Park during the 2009 season and started viewing and enjoying the game like never before. The 52-year-old lifelong District resident, with the voice of a 25-year-old and as much energy as a kid, completed her first year as a Nationals ticket taker.

For the lady who never attended a baseball

game growing up, it didn't take much time before she was converted into a fervent fan who attempted to be at every game during the 2009 season.

"I told the Nationals when they hired me," Jenkins said, "Whenever you need me just call me."

She lives just a few blocks from Nats Park on the corner of First and M streets SW, so it takes her less than five minutes to walk to work. They never needed to call because she was at every game – almost. You could count the games she didn't work on one hand.

She attended more games in one year than she had in her previous 51. She loved seeing people dressed up in crazy outfits and little kids hiding behind their parents as if they were ghosts and goblins. She loved the fans. She loved the atmosphere.

Now, she might finally love baseball.

"I love speaking with the customers and saying 'Welcome to NatsTown' and 'Get Your Red On.' That's my favorite part," Jenkins said.

"Nationals Park is a nice family environment to have fun. It's a great place to go to if you want to get away and that's probably why I like working there so much."

You can usually find her at the Center Field Gate greeting fans, scanning tickets and cheering for the Nationals. She occasionally has to work at the less trafficked gates, but if it is the seventh or eighth day of a home stand she won't complain about being tucked away near left field.

She also will never complain about working for the Nationals. It was such a memorable season for her that she hopes to return for 2010 season.

"If they call me," Jenkins said. "I would be glad to work at Nationals Park again."

Spring training starts at the end of this month, so Jenkins' phone might be ringing soon.

This is the second in a series of profiles of Southwest residents making a difference with the Washington Nationals Baseball Club.

Nats Winter Caravan Makes First Stop Count

By The Southwester Staff

The Nationals began refurbishing the Southwest Unity Health Center in December and returned in last month to finish the job. Manager Jim Riggleman, pitchers Ryan Speier and Drew Storen, short-stop prospect Danny Espinosa and broadcaster Rob Dibble stocked the reading center shelves with books, while children at the center received signed autographs and Nats merchandise.

It was the first stop in the Nationals Winter Caravan.

"We determined a few years ago that we were not going to be fair-weather friends, come for a visit and leave – especially in regard to our neighborhood initiatives," said Marla Lerner Tanenbaum, chair of the Washington Nationals Dream Foundation. "We are determined to be long-term partners with them."

The Unity Health Care's Southwest Health Center stands just a few short blocks from

Nationals Park and serves all District residents regardless of ability to pay. It is the latest recipient in the Neighborhood Initiative Project established by the Washington Nationals Dream Foundation.

"This is a part of the partnership and a part of the civic responsibility that kind of marries with our baseball team – of course with the great Lerner Family – and everyone that is involved in what really makes for a great city," said Ward 6 Councilman Tommy Wells. "This civic partnership is wonderful. It's a great symbol for all of us."



Nats Manager Jim Riggleman and Pitcher Ryan Speier help to stock the book shelves at the Southwest Unity Health Center during their annual Winter Caravan. Photo Courtesy of Washington Nationals.

From left to right, back row: Franklin Baker, Unity Health Board Chairman; Vincent Keene, CEO of Unity Health. Front row: Ron McBee, Chair of ANC 6D; Marla Lerner Tanenbaum; Matthew Blush, Director of Ball Park Operations for the Nationals; Naomi Mitchell Community Liaison for Tommy Wells.



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